

Pick a better snack™



Cabbage

Cabbage heads are solid, glossy and light green in color. The stem end should look healthy, trimmed and not dry or split.

Cabbage are vegetables which grow as leafy heads.

Cabbage originated nearly 2,000 years ago in the Mediterranean region. Cabbage was introduced to America in 1541 by French explorer Jacques Cartier, who planted it in Canada.

Cabbage is a cheap and widely used food. It may help reduce the risk of certain cancers. Cabbage needs to be kept cold so it retains its vitamin C.

VARIETIES

There are at least 100 types of cabbage grown in the world. The most common varieties in the United States are Green, Red and Savoy. Chinese varieties are also available. The two most common Chinese varieties are Bok Choy and Napa.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Rich in vitamin C

USES

Cabbage is delicious in salads or as coleslaw. It can be steamed, boiled, microwaved or stir-fried. It can also be added to pasta, soups or stews. Sauerkraut is made from cabbage.

Cabbage is grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

